

S.M.A.R.T GOALS

Goals are the specific plans or purposes you have in life. S.M.A.R.T goals take your planning to the next level. S.M.A.R.T. is an acronym for:

- S** Specific enough to suggest action.
- M** Measurable to know when you have met your goal.
- A** Attainable goals are reasonable and possible.
- R** Relevant goals make sense for your life.
- T** Time-bound objectives have a target date.

Create at S.M.A.R.T. short-term goal:

Specific _____
Measurable _____
Attainable _____
Relevant _____
Time-Bound _____

Create at S.M.A.R.T. long-term goal:

Specific _____
Measurable _____
Attainable _____
Relevant _____
Time-Bound _____



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